

# How to treat runny nose fast, safely and effectively at home?

This article will share about some of the diseases related to this symptom and how to treat the runny nose quickly and definitely for you.

Surely, many people often think that a runny nose is a normal health symptom. However, it is not as simple as that, if accompanied by some other signs, it may signal a bad health condition or some diseases of the ear, nose - throat which need to be completely treated. In the following article, Quantrimang will share about some of the diseases related to this symptom and how to **treat the runny nose quickly** and definitely for you.

## Runny nose related to any disease?

### Cold

This is probably the most common disease causing runny nose, runny nose in many people. It occurs when a cold virus enters the nose, attaches to cells and promotes the release of cytokine, which causes inflammation and a runny nose.



When you have a cold, the mucus is often cloudy and looks like water. A runny nose is often accompanied by other cold symptoms such as sneezing, minor coughs, sore throat, watery eyes and body aches.

### Allergy

Noses are sensitive parts, so they can be easily irritated if you have allergenic factors, especially those with sensitive organs. Nasal discharge can easily occur when the nose inhales stimulants such as heavy dust, pollen, even essential oils of onion, garlic . Usually, these substances will irritate the nose, causing the nose to itch. , burning, swelling, sneezing and discharge. They reduce the amount of beneficial histamine compounds, which directly cause unpleasant allergic symptoms over a period of time.

## **Allergic rhinitis**



Runny nose, runny nose are also quite common for people with allergic rhinitis. Specifically, when the body is exposed to allergens (causes of allergies) the nose will be irritated and constantly sneeze, cough. Then you will notice nasal discharge and the nose is always wet, irritated and uncomfortable.

## **Sinusitis**

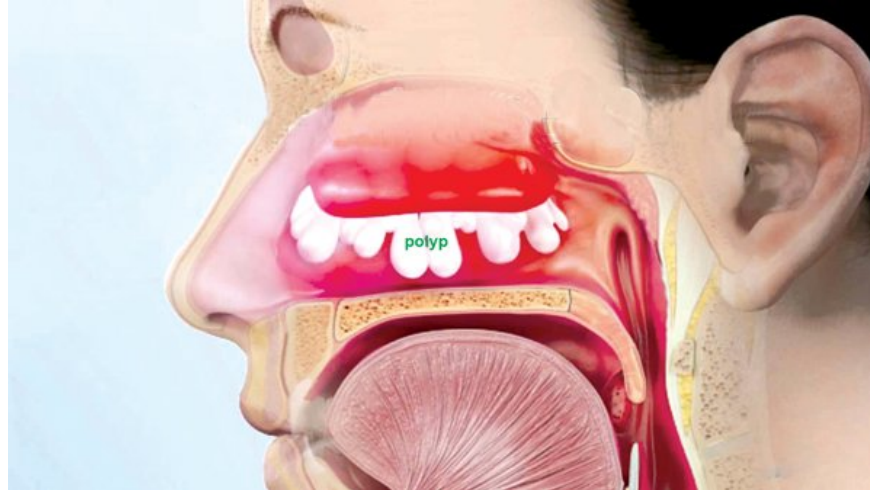
If you have a runny nose, plus fever, fatigue, cough, stuffy nose and yellow or green discharge, you may have sinusitis. This phenomenon usually originates from a bacterium that can cause irritation, infection and mucus discharge.

When sinusitis, the patient easily see nasal discharge running into the throat every time swallowing. They are usually salty, sour and not easily swallowed. Therefore, when you notice signs of a runny nose and any of the above symptoms, it is best to go to the medical facility for examination, diagnosis and identification of the disease at what stage to have treatment. timely.

## **Spicy, hot food**

When you consume spicy, hot food, some of the nerves in your sinuses are affected, irritated and produce a lot of mucus yourself. This is usually more pronounced in people who don't regularly eat spicy, hot foods, especially peppers. Experts also said that capsaicin is a special compound in spicy peppers that can cause runny nose and sweating. Depending on the level of impact, the amount of mucus and symptoms of runny nose more or less.

## Nasal polyps



Nasal polyps are benign yellow tumors that grow inside the nose and sinuses. They are highly adhesive, made up of inflammatory cells and can lead to chronic runny nose. People with this condition often have a reduced ability to identify odors or sometimes find it difficult to breathe. Some documents say that this disease is mostly related to allergies and infections.

## Quick, safe and effective ways to treat runny nose at home

### The natural method

Natural remedies are always safe and suitable home remedies for many age groups when they have runny nose symptoms. Here are some simple natural remedies you can refer to to treat runny nose at home:



1. **Garlic.** To treat runny nose with garlic, you take a fresh clove of garlic, peel off and smash the juice. Use a clean cotton swab to dip this juice into the nasal cavity, after 2-3 days will see the amount of nasal drops significantly.

2. **Ginger tea.** In the case of a runny nose caused by an infection, you can drink a cup of hot ginger tea every day to soothe the nasopharynx area, minimize runny nose and stuffy nose.
3. **Lemon juice.** Drinking a glass of lemon juice mixed with warm water after eating will help you significantly improve the runny nose, treat runny nose, repel pathogens.
4. **Drink a lot of water.** Do not forget to drink enough water every day to help dilute the mucus in the nose, help clear the airway, treat runny nose, stuffy nose.

## **Nasopharyngeal inhalation**

In the case of excessive fluid discharge from the nose, causing obstruction of the airway, it is best to use the nose and throat inhalation method. You can choose the traditional method of steaming the nose (steaming with herbal hot water), this is a fairly effective way to decongest, treat runny nose.



However, if you do not have much time, you can choose a faster, more effective way is to buy a nasal nebulizer - a device used to diffuse medicine or inhalation solution in the form of fog, which helps impact on the respiratory tract mucosal system in order to treat local diseases of the nose and throat to help dilute mucus and easily remove them from the nasopharynx area, especially for those who are not able to self-teach. nose.

See also: What is the use of nasopharyngeal inhalation? Are there any methods to clear the nose and throat?

## **Use nasal washers, nasal aspirators**



In the case of a runny nose that is uncomfortable, you can use a nasal wash device or a nasal aspirator to remove the uncomfortable nasal discharge. In particular, using a bottle is a simple way, effective and more cost-effective. You can use bottled physiological saline (sodium chloride 0.9 500ml) or more economically, you can mix diluted salt water to wash your nose. Conducting a nasal wash 1-2 times with diluted salt water every day will kill disease-causing bacteria.

### **Use an allergic rhinitis machine**



In case of a runny nose due to allergic rhinitis, you can choose a special type of machine for definitive treatment, which is the allergic rhinitis machine. This machine has the advantage of not using drugs, instead using light-wavelength method to limit the escape of Histamine, thereby losing and even eliminating allergic reactions completely. Allergy, completely reduce nasal secretion.

Above is our share on how to treat runny nose quickly, safely and effectively at home. Hopefully, it can help you successfully apply the treatment of runny nose, protecting the health of the respiratory system of the whole family this winter.

I wish you a happy and healthy life!

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